Item	Stores where Available
	• Fairways
A variety of tofu	• Walmart
	Fisgard Market
	Most Major Grocery Stores
Agua Fresca	<ul> <li>Mexican House of Spices</li> </ul>
Annatto seeds	•ABR Store
Ailliatto seeus	•Filipino Mart
	Damascus Food Market
	•Fig Mediterranean Deli
Apricots	•Anar Food & Grocery
	•The Root Cellar
	Most Major Grocery Stores
Asafoetida	•Fraserview Meats & Indian Grocery
Asaroctiaa	Indian Grocery Victoria
Ayibe	Most Major Grocery Stores
	Syriana Restaurant & Catering
Baklava	•Fig Mediterranean Deli
	Damascus Food Market
Banana blossoms	• ABR Store (Seasonal Item)
	•Fairways (Quadra, Seasonal at Shelbourne Location)
	•ABR Store (Seasonal)
Banana leaves	Walmart (Seasonal at Uptown Location)
	• Fisgard Market (Seasonal Item)
	Mexican House of Spices (Seasonal Item)
	, , , , , , , , , , , , , , , , , , ,
	•Fairways (Quadra, Seasonal at Shelbourne Location)
	•ABR Store (Seasonal)
Banana Leaves	<ul><li>Walmart (Seasonal at Uptown Location)</li></ul>
	<ul><li>Fisgard Market (Seasonal Item)</li></ul>
	<ul> <li>Mexican House of Spices (Seasonal Item)</li> </ul>
	•Indian Grocery Victoria
Basmati Rice	•Walmart
200	Most Major Grocery Stores
	•Fairways
	•Walmart
Bean Sprouts	•Fisgard Market
	Most Major Grocery Stores
	•Island Afrikan Supermarket
Berbere	Mexican House of Spices
	• Fisgard Market (Seasonal Item)
	Real Canadian Superstore (Seasonal Item)
Besobela	•The Root Cellar
	•The Market on Yates (Seasonal Item)
Bitter Leaf	•Island Afrikan Supermarket (Seasonal Item)
	. , , ,

Bitter melon	•H Mart (Seasonal Item)
Ditter melon	◆Fisgard Market (Seasonal Item)
Diagle and white sessing	• Fairways
	• Walmart
	•Fujiya
Black and white sesame	Damascus Food Market
	Anar Food & Grocery
	Most Major Grocery Stores
Black vinegar	Most Major Grocery Stores
Diagly ayed mass	•Walmart
Black-eyed peas	• Fairways
Dalibanat	Damascus Food Market
Bokharat	•Fig Mediterranean Deli
Danita flatar	•Fujiya
Bonito flakes	Sakura Japanese Sushi & Grocery
Breadfruit	Fisgard Market (Seasonal Item)
Bulgur	Most Major Grocery Stores
Calamansi	Fisgard Market (Seasonal Item)
	•Fairways (Quadra Only)
	•ABR Store
Cane Sugar	Fraserview Meats & Indian Grocery
_	Mexican House of Spices
	•Walmart (Uptown Only)
	•Walmart (Uptown Only)
Cassava	Real Canadian Superstore
	•Island Afrikan Supermarket (Seasonal Item)
	Walmart (Uptown Only)
Cassava	Real Canadian Superstore
	•Island Afrikan Supermarket (Seasonal Item)
	Fraserview Meats & Indian Grocery
Chai	•Indian Grocery Victoria
	•Walmart (Uptown Only)
	•Indian Grocery Victoria
Chickpea flour	Damascus Food Market
	• Walmart
	•Walmart
	•Indian Grocery Victoria
Chickpeas	•Fraserview Meats & Indian Grocery
	Damascus Food Market
	Most Major Grocery Stores
	•Indian Grocery Victoria
Chickpeas	•Fraserview Meats & Indian Grocery
	Damascus Food Market
	Most Major Grocery Stores
	•Indian Grocery Victoria
Chickness	•Fraserview Meats & Indian Grocery
Chickpeas	Damascus Food Market
	Most Major Grocery Stores
	,

Chile-garlic sauce	Fairways     Walmart
	Fisgard Market
	<ul><li>Fairways (Shelbourne, Quadra Locations)</li></ul>
Chinese sausage	•Fisgard Market
	•Tai Sang Grocery
	Mexican House of Spices
Chocolate	Most Major Grocery Stores
	•Fairways
Chow Mein Noodles	•Walmart
	•Fisgard Market
Coconut milk	Most Major Grocery Stores
Coconut Milk	Most Major Grocery Stores
Coconut Milk	Most Major Grocery Stores
Coconut Milk	Most Major Grocery Stores
COCOTIUL IVIIIK	Walmart (Uptown Only)
Coconut oil	Fraserview Meats & Indian Grocery
	Fairways (Quadra Only)
	ABR Store
Coconut sugar	
	•Filipino Mart
	Walmart (Uptown Only)
	•Save-on-Foods (Seasonal Item)
Collard Greens (Gomen)	•The Root Cellar (Seasonal Item)
	•Walmart
-	•Whole Foods
Couscous	Most Major Grocery Stores
Crema	Most Major Grocery Stores
Curd	•Walmart (Uptown Only)
	Real Canadian Superstore
Curry Leaves	•Walmart (Uptown, Hillside Locations)
Curry Leaves	•The Market (On Yates, On Millstream Locations)
	Damascus Food Market
5.1	•Fig Mediterranean Deli
Dates	•Anar Food & Grocery
	•Walmart (Uptown Only)
	• Fairways (Shelbourne, Quadra, McKenzie Locations)
Dired Somen noodles	Walmart (Uptown, Langford Locations)
	•Fujiya
	Sakura Japanese Sushi & Grocery
	•Fairways (Shelbourne, Quadra, McKenzie Locations)
Doenjang	•Walmart (Uptown Only)
	•Saanisunny Asian Market
	•H Mart
	•A Mart Korean Grocery
	A War Korcair Grocery

Dreid and Roasted Roasted Chiles	<ul> <li>Mexican House of Spices</li> <li>Fairways</li> <li>Walmart</li> <li>Real Canadian Superstore</li> </ul>
Dried ancho chiles	Mexican House of Spices     Fairways     Walmart     Real Canadian Superstore
Dried Anchovies	<ul><li>Fairways (Shelbourne, Quadra, Locations)</li><li>Saanisunny Asian Market</li><li>H Mart</li></ul>
Dried and canned beans	Most Major Grocery Stores
Dried and canned chipotle	<ul><li>Mexican House of Spices</li><li>Fairways</li><li>Walmart</li><li>Real Canadian Superstore</li></ul>
Dried Coconut flakes	Walmart     Most Major Grocery Stores
Dried Fruits	<ul><li>Anar Food &amp; Grocery</li><li>Damascus Food Market</li><li>Walmart</li></ul>
Dried Kelp	<ul><li>Fairways (Shelbourne, Quadra, Locations)</li><li>Saanisunny Asian Market</li><li>H Mart</li></ul>
Dried lily bud	Tai Sang Grocery  Fisgard Market
Dried Lime	Anar Food & Grocery (Seasonal Item)
Dried mushroom	<ul><li>Fairways</li><li>Walmart (Uptown Only)</li><li>Fisgard Market</li></ul>
Dried seafood	<ul><li>Fairways</li><li>Fisgard Market</li><li>Tai Sang Grocery</li></ul>
Dried shiitake	<ul> <li>Fairways (Shelbourne, Quadra, McKenzie Locations)</li> <li>Walmart (Uptown Only)</li> <li>Fujiya</li> <li>Fisgard Market</li> <li>Tai Sang Grocery</li> </ul>
Dried Shrimp	<ul><li>Fairways (Shelbourne, Quadra Locations)</li><li>Fisgard Market</li><li>Real Canadian Superstore</li></ul>
Dried Soba noodles	<ul> <li>Fairways (Shelbourne, Quadra, McKenzie Locations)</li> <li>Walmart (Uptown, Langford Locations)</li> <li>Fujiya</li> <li>Sakura Japanese Sushi &amp; Grocery</li> </ul>

	•Fairways
Eggplant	Walmart
	•H Mart
	•Fisgard Market
	Most Major Grocery Stores
Egusi (Melon Seeds)	•Island Afrikan Supermarket
	Damascus Food Market
Fava beans	•Fig Mediterranean Deli
	•Anar Food & Grocery
	Most Major Grocery Stores     Malmart (Untown Hillside Locations)
	Walmart (Uptown, Hillside Locations)     The Market on Millstream
Fonugrook Logyos	•Indian Grocery Victoria
Fenugreek Leaves	Fraserview Meats & Indian Grocery
	Real Canadian Superstore
	• Fairways (Shelbourne, Quadra Locations)
Fermented tofu	•Fisgard Market
	Damascus Food Market
	•Fig Mediterranean Deli
Figs	•Anar Food & Grocery
	•Walmart (Uptown Only) (Seasonal Item)
	•ABR Store
Filipino fermented shrimp paste	•Filipino Mart
Filipino pickled green papaya	•Filipino Mart
Fish Mint	•Fisgard Market (Seasonal Item)
	•Fairways
	•ABR Store
Fish Sauce	Walmart
	•Filipino Mart
	Real Canadian Superstore
	• Fairways
Fish sauce	•ABR Store
	•Walmart
	• Filipino Mart
Flying fish roe	•Fujiya
Fresh Coconut	Walmart (Uptown Only) (Seasonal Item)
	•Fairways (Seasonal Item)
	*Fairways (Shalhaurna Quadra MeKansia Lacations)
Fresh Ramen noodles	<ul><li>Fairways (Shelbourne, Quadra, McKenzie Locations)</li><li>Walmart (Uptown, Langford Locations)</li></ul>
riesii naillell lloodies	Sakura Japanese Sushi & Grocery (Seasonal Item)
	- Sakura Japanese Sushii & Giocery (Seasonal Item)
	Mexican House of Spices
Fresh Tortillas	MAiiZ Nixtamal
	Most Major Grocery Stores
	•Fairways
Frozen dim sum	•Fisgard Market
	0

	• Fairways
Frozen seafood	• Fairways
	•Walmart
	• Fisgard Market
	Damascus Food Market     The second sec
	•Fig Mediterranean Deli
Fruit Preserves	Anar Food & Grocery
	<ul><li>Walmart (Uptown, Langford Locations)</li></ul>
	Real Canadian Superstore
Galangal	<ul> <li>Fisgard Market</li> </ul>
Galangal	<ul><li>Fisgard Market</li></ul>
Garri (Cassava flakes)	
	Walmart (Uptown Only)
Chan	Indian Grocery Victoria
Ghee	•Fraserview Meats & Indian Grocery
	•Real Canadian Superstore
	•Fairways
	Walmart (Uptown Only)
Gochugaru	Saanisunny Asian Market
	•H Mart
	•A Mart Korean Grocery
	• Fairways
	Walmart (Uptown Only)
Gochujang	Saanisunny Asian Market
Gochajang	•H Mart
	• A Mart Korean Grocery
Gram Flour	Indian Grocery Victoria     Damascus Food Market
Gram Flour	
	Walmart     ARR Store (Second Hears)
Green papaya	•ABR Store (Seasonal Item)
	• Fisgard Market (Seasonal Item)
Groundnuts	•Island Afrikan Supermarket
	Most Major Grocery Stores
	Mexican House of Spices
Guava paste	•Walmart (Uptown Only)
	Real Canadian Superstore
	• Fairways
Gyoza wrappers	Walmart (Uptown Only)
	Fisgard Market
Habanero Peppers	Most Major Grocery Stores
	•Fraserview Meats & Indian Grocery
Halal Meats	Bold Butchery & Grill
	Damascus Food Market
	Walmart
	•Fraserview Meats & Indian Grocery
11-1-13-4	Bold Butchery & Grill
Halal Meats	Damascus Food Market
	•Walmart

Harissa	<ul> <li>Fig Mediterranean Deli</li> <li>The Market (On Yates, On Millstream Locations)</li> <li>Walmart</li> <li>Whole Foods</li> <li>Real Canadian Superstore</li> </ul>
Hoisin	<ul><li>Fairways</li><li>Walmart</li><li>Fisgard Market</li><li>Most Major Grocery Stores</li></ul>
Horchata	<ul><li>Mexican House of Spices</li><li>Walmart (Uptown Only)</li><li>Real Canadian Superstore</li></ul>
Inari pockets	<ul><li>Fujiya</li><li>Sakura Japanese Sushi &amp; Grocery</li></ul>
Item	Stores where Available
Jackfruit	Fisgard Market (Seasonal Item)
Jalapeño Peppers	Most Major Grocery Stores
Japchae Potatoe Noodles	<ul> <li>Fairways (Shelbourne, Quadra, Locations)</li> <li>Saanisunny Asian Market</li> <li>H Mart</li> <li>A Mart Korean Grocery</li> </ul>
Jujube	<ul><li>Fairways (Quadra Only)</li><li>H Mart</li><li>A Mart Korean Grocery</li></ul>
Kaffir Lime Leaves	Fisgard Market (Seasonal Item)
Kaya Jam	Fairways (Quadra Only)     Real Canadian Superstore
Kewpie mayo	<ul> <li>Fairways (Shelbourne, Quadra, McKenzie Locations)</li> <li>Walmart (Uptown Only)</li> <li>Fujiya</li> <li>Sakura Japanese Sushi &amp; Grocery</li> </ul>
Kimchi	<ul><li>Fairways</li><li>Walmart</li><li>Saanisunny Asian Market</li><li>H Mart</li><li>A Mart Korean Grocery</li></ul>
Korean Plum Extract	<ul><li>Saanisunny Asian Market</li><li>H Mart</li><li>A Mart Korean Grocery</li></ul>
Koseret (flavorful herb)	•Walmart (Uptown Only)
Kpomo (Tripe)	•Fairways (Shelbourne, Quadra, Gorge Locations)

Lemongrass	• Fairways
	•ABR Store
	•Walmart
	•Filipino Mart
	Fisgard Market
	Most Major Grocery Stores
	• Fairways
	•ABR Store
Lemongrass	•Walmart
Lemong uss	•Filipino Mart
	Fisgard Market
	Most Major Grocery Stores
	• Fairways
	•ABR Store
Lemongrass	•Walmart
	•Filipino Mart
	Fisgard Market
	Most Major Grocery Stores
	•Walmart
Lentils	•Indian Grocery Victoria
Ecitins	•Fraserview Meats & Indian Grocery
	Damascus Food Market
	•Walmart
Lentils (various types)	•Indian Grocery Victoria
Lentins (various types)	•Fraserview Meats & Indian Grocery
	Damascus Food Market
	• Fairways
Light and dark soy	•Walmart
2.8.10 0.10 0.01 0.07	• Fisgard Market
	Most Major Grocery Stores
	• Fairways
Lo Mein Noodles	•Walmart
	Fisgard Market
	• Fairways
	•Walmart
Long chili peppers	•The Root Cellar
	•The Market (On Yates, On Millstream Locations)
	• Fairways (Quadra Only)
Lumpia wrappers	•ABR Store
	Walmart (Uptown Only)
	•Filipino Mart
	Real Canadian Superstore
	Mexican House of Spices
Masa harina	• Fairways
	•Walmart
	•Thrifty's

Mexican chorizo	Mexican House of Spices     Fairways
Mexican panela and cajeta	<ul> <li>Mexican House of Spices</li> <li>Fairways (Quadra Only)</li> <li>ABR Store</li> <li>Fraserview Meats &amp; Indian Grocery</li> <li>Walmart (Uptown Only)</li> </ul>
Millet	<ul><li>Island Afrikan Supermarket</li><li>Walmart</li><li>Whole Foods</li></ul>
Mirin	<ul><li>Fairways</li><li>Walmart</li><li>Fujiya</li><li>Sakura Japanese Sushi &amp; Grocery</li></ul>
Miso	<ul> <li>Fairways</li> <li>Walmart</li> <li>Fujiya</li> <li>Sakura Japanese Sushi &amp; Grocery</li> <li>Most Major Grocery Stores</li> </ul>
Mitmita (spice blend, often spicy)	●Island Afrikan Supermarket
Mung Bean	<ul> <li>Fairways</li> <li>Walmart</li> <li>Saanisunny Asian Market</li> <li>H Mart</li> <li>A Mart Korean Grocery</li> <li>Fisgard Market</li> </ul>
Mung beans	Fairways  Walmart  Saanisunny Asian Market  H Mart  A Mart Korean Grocery  Fisgard Market
Mustard Greens (Senig)	•The Root Cellar •The Market (On Yates, On Millstream Locations)
Mustard Oil	<ul> <li>Walmart (Uptown Only)</li> <li>Indian Grocery Victoria</li> <li>Fraserview Meats &amp; Indian Grocery</li> <li>Real Canadian Superstore</li> </ul>
Niter Kibbeh	Walmart (Uptown Only)
Nori	<ul><li>Fairways</li><li>Walmart (Uptown, Langford Locations)</li><li>Fujiya</li><li>Sakura Japanese Sushi &amp; Grocery</li></ul>

	•Fairways (Shelbourne, Quadra, Gorge Locations)
Okra	•Walmart (Uptown, Hillside Locations)
	•The Root Cellar
	•The Market (On Yates, On Millstream Locations)
	•Fairways (Shelbourne, Quadra, Gorge Locations)
Olivia	Walmart (Uptown, Hillside Locations)
Okra	•The Root Cellar
	•The Market (On Yates, On Millstream Locations)
	Damascus Food Market
Olive Oil	• Fig Mediterranean Deli
	•Walmart
	Most Major Grocery Stores     Damascus Food Market
	•Fig Mediterranean Deli
Olives	•Anar Food & Grocery
	•Walmart
	Damascus Food Market
Orange blossom water	•Walmart (Uptown Only)
	•Save-on-Foods
Other Dried and Fresh Chinese	• Fairways
Noodles	• Walmart
	• Fisgard Market
Oyster sauce	Fairways     Walmart
Oyster sauce	•Fisgard Market
	Walmart (Uptown Only)
Palm Oil	•Whole Foods
	•Fairways (Quadra Only)
	•ABR Store
Palm Sugar	Filipino Mart
T um Sugui	•Walmart (Uptown Only)
	Fraserview Meats & Indian Grocery
	Real Canadian Superstore     Fairways (Quadra Only)
Pandan	<ul><li>Fairways (Quadra Only)</li><li>Fisgard Market (Seasonal Item)</li></ul>
	Walmart
_	•Thrifty's (Hillside, Broadmead Locations)
Paneer	•Fraserview Meats & Indian Grocery
	•Real Canadian Superstore
Patis	•ABR Store
	Filipino Mart
Pepper Soup Spice Mix	Island Afrikan Supermarket
Perilla Leaves	• H Mart
200100	Mart Korean Grocery

Perilla Oil	◆H Mart     ◆A Mart Korean Grocery
Persian wheat noodles	•Anar Food & Grocery
Pickled daikon	•Walmart (Seasonal Item)
	•Fujiya
	•Fujiya
Pickled ginger	•Sakura Japanese Sushi & Grocery
	•The Root Cellar
Dialde	•Indian Grocery Victoria
Pickles	•Walmart (Uptown Only)
	Damascus Food Market
Pine Nuts	•Fig Mediterranean Deli
Tine Nats	Walmart
	Most Major Grocery Stores
	Damascus Food Market
Pistachios	•Walmart
	Most Major Grocery Stores
	• Fisgard Market
Plantains	• Fairways
	Seasonally at Most Major Grocery Stores
Pomegranate Molasses	• Anar Food & Grocery
	Damascus Food Market     Fairwaya
Pomegranates	●Fairways ●The Root Cellar
	•Walmart
	Fraserview Meats & Indian Grocery
Poppy Seeds	•Indian Grocery Victoria
	•Fairways
Pot sticker wrappers	•Walmart (Uptown Only)
	•Fisgard Market
Due woode Debe Consuch	Damascus Food Market
Pre-made Baba Ganoush	•Fig Mediterranean Deli
Pre-made Falafel	Damascus Food Market
Fie-iliaue raidiei	•Walmart (Uptown Only)
	•Fig Mediterranean Deli
Pre-made Hummus	Damascus Food Market
	Most Major Grocery Stores
	Mexican House of Spices
Pre-made Mole Sauce	•Fairways
	•The Market (On Yates, On Millstream Locations)
Pre-made Tamales	Mexican House of Spices (Seasonal Item)     Malmart (Untown Only)
	•Walmart (Uptown Only)
Preserved Lemons	•The Market (On Yates, On Millstream Locations)
	•Whole Foods
	Damascus Food Market (Seasonal Item)

D. A.	•ABR Store
Puto	•Filipino Mart
Quail eggs	◆Tai Sang Grocery
Quali eggs	Fisgard Market
Queso fresco	<ul> <li>Mexican House of Spices</li> </ul>
·	Most Major Grocery Stores
Ras el Hanout	•Fig Mediterranean Deli
	• Fairways
5 101:11: / 1: 1)	•Walmart
Red Chilies (dried)	• Fraserview Meats & Indian Grocery
	•The Market (On Yates, On Millstream Locations)
D. Hiller Leave	Damascus Food Market
Red kidney beans	Most Major Grocery Stores
Red Palm Nut Cream	•Island Afrikan Supermarket
	Mexican House of Spices
Refried Beans	• Fairways
	Most Major Grocery Stores
	• Fairways
	Walmart
Rice Cakes	Saanisunny Asian Market
	●H Mart
	Mart Korean Grocery
	•Walmart (Uptown Only)
Rice Flour	•Fairways
	• Fraserview Meats & Indian Grocery
a. a	•Walmart (Uptown Only)
Rice flour	• Fairways
	Fraserview Meats & Indian Grocery     Frairways
	Fairways     ABR Store
Rice Noodles	•Walmart (Uptown Only)
Nice Nobules	Real Canadian Superstore
	•Thanh Ky Grocery
	Fairways (Quadra Only)
	•ABR Store
Rice Paper	•Walmart (Uptown Only)
	•Filipino Mart
	Real Canadian Superstore
	•Fairways (Quadra Only)
Rice Paper Wrappers	•ABR Store
	•Walmart (Uptown Only)
	•Filipino Mart
	Real Canadian Superstore
	<ul><li>Fairways</li></ul>
Rice vinegar	Walmart
	•Fujiya
	Sakura Japanese Sushi & Grocery

Rice Vinegar	<ul><li>Fairways</li><li>ABR Store</li><li>Walmart (Uptown Only)</li><li>Real Canadian Superstore</li></ul>
Rice Wine	<ul><li>Fairways</li><li>Walmart (Uptown Only)</li><li>Saanisunny Asian Market</li><li>H Mart</li></ul>
Rose Water	<ul><li>Indian Grocery Victoria</li><li>Whole Foods</li></ul>
Roti	<ul><li>Fraserview Meats &amp; Indian Grocery</li><li>Indian Grocery Victoria</li><li>Walmart</li></ul>
Saffron	<ul><li>Indian Grocery Victoria</li><li>Walmart</li></ul>
Salsas	<ul> <li>Mexican House of Spices</li> <li>Fairways</li> <li>The Market (On Yates, On Millstream Locations)</li> <li>Most Major Grocery Stores</li> </ul>
Salted black beans	Fairways (Shelbourne, Quadra Locations)     Fisgard Market
Salted vegetables	<ul><li>Fairways (Shelbourne, Quadra Locations)</li><li>Fisgard Market</li><li>Tai Sang Grocery</li></ul>
Salted yellow beans	Fairways (Shelbourne, Quadra Locations)     Fisgard Market
Sambal	<ul><li>Fairways</li></ul>
Scotch Bonnet Peppers	<ul> <li>Quality Foods</li> <li>The Market (On Yates, On Millstream Locations)</li> <li>Walmart</li> <li>Fairways (Seasonal Item)</li> </ul>
Serrano Peppers	Most Major Grocery Stores
Sesame butter and oil	<ul><li>Fairways (Shelbourne, Quadra Locations)</li><li>Fisgard Market</li><li>Tai Sang Grocery</li></ul>
Sesame Oil	<ul> <li>Fairways (Shelbourne, Quadra, McKenzie Locations)</li> <li>Walmart (Uptown Only)</li> <li>Saanisunny Asian Market</li> <li>H Mart</li> <li>A Mart Korean Grocery</li> </ul>

Sesame Seeds	<ul> <li>Fairways</li> <li>Walmart</li> <li>Fujiya</li> <li>Damascus Food Market</li> <li>Anar Food &amp; Grocery</li> <li>Most Major Grocery Stores</li> </ul>
Shichimi-togarashi (chile sprinkles)	•Fujiya
Short Grain Rice	<ul><li>Fairways</li><li>Walmart</li><li>Fujiya</li><li>Sakura Japanese Sushi &amp; Grocery</li></ul>
Shoyu	<ul> <li>Fairways</li> <li>Walmart</li> <li>Fujiya</li> <li>Sakura Japanese Sushi &amp; Grocery</li> <li>Most Major Grocery Stores</li> </ul>
Shrimp Paste	<ul><li>Fairways (Quadra Only)</li><li>ABR Store</li><li>Filipino Mart</li></ul>
Shrimp paste	<ul><li>Fairways (Quadra Only)</li><li>ABR Store</li><li>Filipino Mart</li></ul>
Silken tofu	<ul><li>Fairways (Seasonal Item)</li><li>Fujiya</li><li>Sakura Japanese Sushi &amp; Grocery</li></ul>
Sorghum	•Whole Foods (Seasonal Item)
Soybean Sprouts	Fairways  Walmart  Saanisunny Asian Market  H Mart  Mart Korean Grocery
Sriracha Sauce	<ul> <li>Fairways</li> <li>Walmart</li> <li>Fisgard Market</li> <li>Most Major Grocery Stores</li> </ul>
Suya Spice Mix	Island Afrikan Supermarket
Sweet rice	<ul><li>Fairways</li><li>Walmart</li><li>Fisgard Market</li></ul>
Syrian Deserts and Sweets	Damascus Food Market
Syrian-style bread	<ul> <li>Syriana Restaurant &amp; Catering</li> <li>Damascus Food Market</li> <li>Fig Mediterranean Deli</li> <li>Walmart</li> <li>Most Major Grocery Stores</li> </ul>

Tahini	<ul><li>Damascus Food Market</li><li>Fig Mediterranean Deli</li></ul>
	•Anar Food & Grocery
	•
	Walmart (Uptown Only)     Mexican House of Spices
	-
Tamale wrappers	• Fairways (Quadra Only)
	Walmart (Uptown Only)
	Real Canadian Superstore
	• Fairways
	•ABR Store
Tamarind	Walmart (Uptown Only)
	•Filipino Mart
	Fisgard Market
	Fraserview Meats & Indian Grocery
	• Fairways
	•ABR Store
Tamarind	<ul><li>Walmart (Uptown Only)</li></ul>
ramarma	•Filipino Mart
	<ul><li>Fisgard Market</li></ul>
	<ul><li>Fraserview Meats &amp; Indian Grocery</li></ul>
	<ul><li>Fairways</li></ul>
	•ABR Store
Tanagrind nacta	•Walmart (Uptown Only)
Tamarind paste	•Filipino Mart
	• Fisgard Market
	Fraserview Meats & Indian Grocery
	• Fairways
Taro	• Fisgard Market
	Walmart (Seasonal Item)
	•Bulk Barn
Teff	•Whole Foods
	Walmart (Uptown Only)
	•Fisgard Market (Seasonal Item)
	•Real Canadian Superstore (Seasonal Item)
Thai Basil	•The Root Cellar
	•The Market on Yates (Seasonal Item)
Thai Bird's Eye Chili	Most Major Grocery Stores
Thai Eggplants	•Fisgard Market (Seasonal Item)
τιαι εδεριατίο	•Fairways
Thai Jasmine Rice	•Walmart
	Real Canadian Superstore     Fairways
	•Walmart
Tofu	
	•H Mart
	• Fisgard Market
	Most Major Grocery Stores

• Mexican House of Spices  Tomatillos  • Whole Foods (Seasonal Item) • Fairways (Seasonal Item) • Fairways (Seasonal Item) • Walmart (Seasonal Item) • Walmart (Seasonal Item) • Walmart (Seasonal Item) • Wheat berries • Whole Foods  Wheat Semolina • Indian Grocery Victoria • Walmart • Fairways • Walmart • Fisgard Market • Most Major Grocery Stores • Fairways • Walmart (Uptown Only) • Fisgard Market • Anar Food & Grocery • Damascus Food Market • Anar Food & Grocery • Valmart • Fig Mediterranean Deli • Anar Food & Grocery • Walmart • Most Major Grocery Stores • Damascus Food Market • Fig Mediterranean Deli • Anar Food & Grocery • Walmart • Most Major Grocery Stores • Damascus Food Market • Fig Mediterranean Deli		
Wheat berries Whole Foods Wheat Semolina Wheat starch White and brown rice  Wonton skins  Yellow split peas  Wogurt  Yogurt  Walmart  Pairways  Walmart  Pamascus Food Market  Anar Food & Grocery  Damascus Food Market  Pig Mediterranean Deli  Anar Food & Grocery  Walmart  Pamascus Food Market  Pig Mediterranean Deli  Anar Food & Grocery  Walmart  Pamascus Food Market	Tomatillos	•Whole Foods (Seasonal Item)
Wheat Semolina Wheat starch  Walmart  Fairways  Walmart  Fisgard Market  Most Major Grocery Stores  Fairways  Walmart (Uptown Only)  Fisgard Market  Damascus Food Market  Anar Food & Grocery  Damascus Food Market  Fig Mediterranean Deli  Anar Food & Grocery  Walmart  Fig Mediterranean Deli  Anar Food & Grocery  Walmart  Most Major Grocery Stores  Damascus Food Market  Fig Mediterranean Deli  Anar Food & Grocery  Walmart  Most Major Grocery Stores  Damascus Food Market	Ube	•Walmart (Seasonal Item)
Wheat starch  Walmart  Fairways  Walmart  Fisgard Market  Most Major Grocery Stores  Fairways  Wonton skins  Walmart (Uptown Only)  Fisgard Market  Damascus Food Market  Anar Food & Grocery  Damascus Food Market  Fig Mediterranean Deli  Anar Food & Grocery  Walmart  Most Major Grocery Stores  Damascus Food Market	Wheat berries	•Whole Foods
•Fairways •Walmart •Fisgard Market •Most Major Grocery Stores •Fairways •Walmart (Uptown Only) •Fisgard Market  •Damascus Food Market •Anar Food & Grocery •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart •Most Major Grocery Stores •Damascus Food Market	Wheat Semolina	•Indian Grocery Victoria
•Walmart •Fisgard Market •Most Major Grocery Stores •Fairways •Walmart (Uptown Only) •Fisgard Market  •Damascus Food Market •Anar Food & Grocery •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart •Most Major Grocery Stores •Damascus Food Market	Wheat starch	•Walmart
White and brown rice  •Fisgard Market •Most Major Grocery Stores  •Fairways •Walmart (Uptown Only) •Fisgard Market  •Damascus Food Market •Anar Food & Grocery  •Damascus Food Market •Fig Mediterranean Deli  Yogurt •Anar Food & Grocery •Walmart •Most Major Grocery Stores •Damascus Food Market		<ul><li>Fairways</li></ul>
• Fisgard Market • Most Major Grocery Stores • Fairways • Walmart (Uptown Only) • Fisgard Market • Damascus Food Market • Anar Food & Grocery • Damascus Food Market • Fig Mediterranean Deli • Anar Food & Grocery • Walmart • Most Major Grocery Stores • Damascus Food Market	White and brown rice	• Walmart
•Fairways •Walmart (Uptown Only) •Fisgard Market  •Damascus Food Market •Anar Food & Grocery •Damascus Food Market •Fig Mediterranean Deli  Yogurt •Anar Food & Grocery •Walmart •Most Major Grocery Stores •Damascus Food Market		Fisgard Market
Wonton skins  •Walmart (Uptown Only)  •Fisgard Market  •Damascus Food Market  •Anar Food & Grocery  •Damascus Food Market  •Fig Mediterranean Deli  Yogurt  •Anar Food & Grocery  •Walmart  •Most Major Grocery Stores  •Damascus Food Market		Most Major Grocery Stores
•Fisgard Market  •Damascus Food Market •Anar Food & Grocery •Damascus Food Market •Fig Mediterranean Deli  Yogurt •Anar Food & Grocery •Walmart •Most Major Grocery Stores •Damascus Food Market	Wonton skins	•Fairways
Pamascus Food Market  Anar Food & Grocery  Damascus Food Market  Fig Mediterranean Deli  Yogurt  Anar Food & Grocery  Walmart  Most Major Grocery Stores  Damascus Food Market		•Walmart (Uptown Only)
• Anar Food & Grocery  • Damascus Food Market  • Fig Mediterranean Deli  • Anar Food & Grocery  • Walmart  • Most Major Grocery Stores  • Damascus Food Market		
•Anar Food & Grocery      •Damascus Food Market      •Fig Mediterranean Deli  Yogurt      •Anar Food & Grocery      •Walmart      •Most Major Grocery Stores      •Damascus Food Market	Yellow split peas	Damascus Food Market
Fig Mediterranean Deli     Yogurt		·
Yogurt  •Anar Food & Grocery  •Walmart  •Most Major Grocery Stores  •Damascus Food Market	Yogurt	Damascus Food Market
•Walmart     •Most Major Grocery Stores     •Damascus Food Market  Zaatar		•Fig Mediterranean Deli
•Most Major Grocery Stores     •Damascus Food Market  Zaatar		Anar Food & Grocery
Damascus Food Market  Zaatar		Walmart
7aatar		-
●Fig Mediterranean Deli	Zaatar	
		•Fig Mediterranean Deli